

Peripheral Neuropathy Red Light Therapy Instructions

Ensure all areas treated are exposed and not covered by clothing.

***** Make sure the *Fan isn't covered during operation. DON'T* place unit on floor and step on it.**

Important: The TheraRay is very powerful. Do not extend treatment time beyond what instructed by Dr. Thompson. Treatment greater than what is recommended may cause flare-ups.

- The automated treatment time of 30 seconds per spot is the standard starting dose.
- If symptoms increase, reduce time and frequency.
- Begin with 1–2 treatments per day.
- Tattoos or hair - keep the TheraRay moving and shorten treatment time. Tattoos and hair may absorb some of the energy and heat up.

CAUTION: Clean ONLY with a small amount of Hydrogen Peroxide on a paper towel. Do NOT expose to Water or clean with Alcohol!

Step 1: Plug lead wires into the unit and cord into a wall outlet.

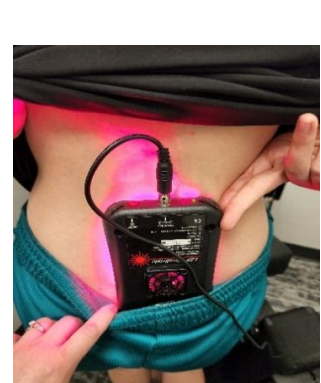
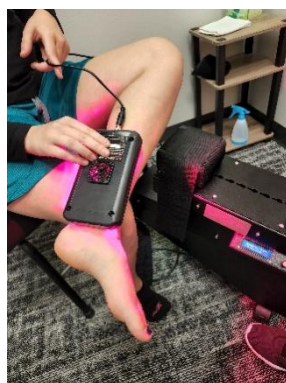
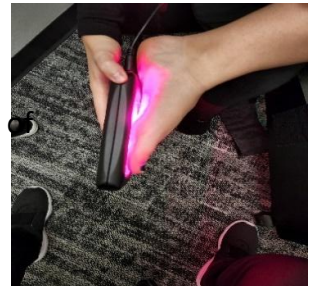
Step 2: To start the unit, push the button at the bottom of the unit. **DO NOT LOOK DIRECTLY AT THE RED LIGHT!** It is very bright and could hurt your eyes. However, there is no need to wear protective eyewear.

The TheraRay device will automatically cut off after each dose, which is about 30 seconds. The fan on the unit will make a hum noise even when off to cool the unit after use. After a couple minutes, it is best to unplug the unit from the wall when not in use. Helps prolong life of the unit and prevent electrical surges from damaging unit.

The first area to be treated is the bottom of the feet. Slowly move the unit back and forth along the length the bottom of the foot.

Best practice is to cross leg and hold on area treated.

Step 3: Hold the unit over the inside of the ankle/ heel and slowly move up the inside of the leg to the knee. Repeat for (2) 30 second sessions. Repeat on the outside of the leg. Then behind the knee. Repeat on other leg.



Step 4: Treat low back as shown for 30 sec. (no clothing covering the fan and the unit may remain stationary in one place as long as the warmth of the light is well tolerated). →

TheraRay Red light Therapy – Cautions

1. DO NOT USE THE DEVICE OVER AN AREA OF ACTIVE CANCER. This is a precaution, although there is no known research indicating a direct contraindication.
2. DO NOT USE THE DEVICE IF YOU ARE PREGNANT, ACTIVELY PLANNING ON BECOMING PREGNANT, OR BREASTFEEDING. There is no research to substantiate a contraindication; however, it is a precaution.
3. PEOPLE UNDER THE AGE OF 18. Typically decrease dose by 50%.
4. DO NOT USE THE DEVICE IF YOU HAVE A KNOWN ALLERGIC REACTION TO PLASTICS. THE DEVICE CONTAINS PLASTICS THAT COME INTO CONTACT WITH THE SKIN DURING USE. WHEN IN DOUBT OF ALLERGIES, FIRST CONTACT YOUR GENERAL PRACTITIONER BEFORE USING THE DEVICE. Our device has been tested and found to have no chemicals that could cause a health problem. However, on the super sensitive individual, do a spot test by placing it on the skin for 5 seconds and see if there is any negative reaction over the following 24 hours.
5. CAUTION IF YOU SUFFER FROM ANY PHOTSENSITIVE DISORDER (SENSITIZATION TO LIGHT) OR TAKING ANY MEDICATION OR DRUGS THAT CAN CAUSE PHOTSENSITIVITY. Decrease dose to $\frac{1}{4}$ of the normal dose and wait 24 hours before proceeding, before increasing.
6. DO NOT USE THE DEVICE IF YOU HAVE A MEDICAL HISTORY OF SEIZURES OR EPILEPSY THAT WAS TRIGGERED BY LIGHT. Pulsing light, like a strobe light, has been shown to trigger seizures in sensitive individuals. Although the TheraRay is not pulsed light, consider wearing eye protection to reduce light effects.
7. STAY TO THE DOCTOR'S RECOMMENDED TREATMENT TIME PER AREA, FREQUENCY OF APPLICATION, AND BODY REGIONS.